

LAST CSA BOX OF THE SEASON

If you missed last week's edition of the newsletter, click here to read about our big news: [A BIRTHDAY, BIG NEWS, AND GOODBYES](#).

Every season, the last week of the CSA seems to catch us by surprise—this is the end already!? It seems like just last week we were harvesting the first June box, and now, here we are harvesting the last crops of the season. This is also the time of year when we start reviewing the season. What worked well and what didn't? What new varieties did we like? How were the plant successions? What changes will we make next season? It is a good thing that we keep detailed records because once October hits, it is hard to remember what was happening in June. Of course, we value and take into account your feedback as well, and we will be sending out a link to the end of season survey in the coming weeks (while the season is still fresh in your mind too).

WHAT TO DO WITH YOUR WAXY CSA BOX

We will collect CSA boxes one last time at the end of the month (October 29th) when we deliver the fall share to those that signed up. There will be a reminder email sent a couple days before so that you have plenty of time to return your box to your dropsite. These boxes are a valuable and critical resource for us, so please do not throw them away. We must commend all of you for taking good care of them throughout the season; we've only had to retire a handful of the 100 or so that we cycle through every two weeks.

SIGNING UP FOR 2015

Many of you have already asked about signing up for next season (yippee!). The registration form will be emailed to all of our current members soon. Please feel free to forward the form to friends and family if they are interested in a share or have them contact us for additional details. Thanks to those of you that have already sent inquiries our way.

SPECIAL THANKS

There are quite a few helping hands that make our season go a bit smoother, and those people certainly deserve recognition for their hard work. Thank you to Adam's parents, Phyllis (Edith's best friend and childcare on Tuesdays and Wednesdays as well as numerous other times throughout the season) and Randy, weed-whipper, fence mover, and handyman extraordinaire. Adam's brother Tony and his girlfriend Caroline got a taste of farm life helping out on some larger transplant days; the extra sets of hands and conversation turns this task into a fun day. Thank you to Megan's parents for helping with a very large garlic harvest and taking care of Edith during their annual excursion to the Midwest. Our family's endless support encourages us to continue doing what we love. Thank you to our member volunteers for willingly crawling around pulling weeds and lending a hand when needed. Finally, a very special heartfelt thank you goes to the Kinney Family who so graciously let us farm on their land for the past three seasons. Access to land is a struggle for beginning farmers, and we are lucky to have found such generous people.

As the season comes to an end, we want to thank *you*—our farm members—for your support, not only of Sweet Top Farm but also for sustainable, small-scale agriculture. We appreciate that you care where your food comes from and that you choose Sweet Top Farm as your source for seasonal, local vegetables. We truly enjoy being your farmers and love that we are able to bring healthy, delicious food to your dinner table. We hope that you choose to join us again next season as we break new ground and share the harvest with our farm community.

With your support of our farm and care for our family, you make hard work enjoyable and worth it! We'll see you next season.

Your Farmers,
Megan, Adam, and Edith



In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
CARROTS	yes	yes
Nice and sweet thanks to the cooler weather and frosts		
CABBAGE	yes	yes
If this doesn't make it onto your dinner plate this week, don't worry. Cabbage keeps for quite a long time in a plastic bag in your crisper drawer.		
YELLOW and RED ONIONS	no	no
The onions will keep just fine on your countertop and can be used over the next several weeks.		
LEEKs	Yes	yes
If you don't have a chance to use leeks this week, they store for several weeks in a plastic bag in the refrigerator.		
SPINACH	yes	yes
Oh so sweet thanks to multiple frosts. Eat the stems as well as the leaves—they are like candy! Remember to wash and spin again before eating.		
HEAD LETTUCE	yes	yes
This is a first for us: head lettuce in the last box!		
POTATOES	no	No
These should be stored out of direct sunlight; a dark cabinet or closet or a paper bag all work well. From Threshing Table Farm in Star Prairie		
GARLIC	no	no
If you have extra garlic from weeks prior, don't worry; you can store it on your countertop for use in the weeks and months to come. Two bulbs this week for the last delivery.		
BROCCOLI or CAULIFLOWER	Yes	Yes
Cauliflower did not fare well with the excess moisture, so we do not have enough for everyone. While we try to pick off any green caterpillars, some elude us. Soak in salty water or wash well to get rid of any hitchhikers.		
KOHLRABI	Yes	yes
We love kohlrabi, and this time of year it is crisp and sweet. Peel this space-aged veggie and eat raw, sauté, or roast with potatoes. It will keep for a while in a plastic bag in the fridge if you don't get to it right away.		
LOOSE BEETS	yes	yes
Store these in a bag in the fridge for several weeks if you want to save them. A mix of red, gold, and Chioggia (pink skin) beets. Great roasted, boiled, or shredded and eaten raw.		
BUTTERNUT SQUASH	No	no
The blemish on this squash is only cosmetic. Butternuts are great for soup and roasting in cubes. It can be peeled easily by cutting off the ends and peeling the length of the squash. Squash will last for several weeks or more stored at 50-55°.		

Recipes

Turkey and Leek Shepherd's Pie

FILLING

2 teaspoons extra-virgin olive oil
2 large leeks, white and light green parts only, well washed and thinly sliced
1 1/2 cups thinly sliced carrots
3 cloves garlic, minced
1/3 cup dry white wine
3 tablespoons all-purpose flour
2 teaspoons chopped fresh sage, or 1/2 teaspoon dried, rubbed
2 cups reduced-sodium chicken broth
2 cups diced cooked turkey, or chicken (see Tip)
1 cup frozen peas
1/4 teaspoon salt
Freshly ground pepper to taste

MASHED POTATOES

2 pounds potatoes, preferably Yukon Gold, peeled and cut into chunks
1/2-3/4 cup nonfat buttermilk, (see Tip)
1/4 teaspoon salt
Freshly ground pepper to taste
1 large egg, lightly beaten
1 tablespoon extra-virgin olive oil

To prepare filling: Preheat oven to 425°F. Heat 2 teaspoons oil in a large skillet or Dutch oven over medium heat. Add leeks and carrots and cook, stirring, until the leeks soften, about 7 minutes. Add garlic and cook, stirring, 1 minute more.

Pour in wine and stir until most of the liquid has evaporated. Add flour and sage and cook, stirring constantly, until the flour starts to turn light brown, about 2 minutes. Stir in broth and bring to a simmer, stirring constantly, until the sauce thickens and the carrots are barely tender, about 5 minutes.

Add turkey (or chicken) and peas and season to taste with salt and pepper. Transfer the mixture to a deep 10-inch pie pan or other 2-quart baking dish and set aside.

To mash potatoes and bake pie: Place potatoes in a large saucepan and add cold salted water to cover. Bring to a boil over medium heat. Cook, partially covered, until the potatoes are tender, about 10 minutes. Drain and return the potatoes to the pan. Cover and shake the pan over low heat to dry the potatoes slightly, about 1 minute. Remove from the heat.

Mash the potatoes with a potato masher or whip with an electric mixer, adding enough buttermilk to make a smooth puree. Season with salt and pepper. Stir in egg and 1 tablespoon oil.

Spread the potatoes on top of the turkey mixture. With the back of a spoon, make decorative swirls. Set the dish on a baking sheet and bake until the potatoes and filling are heated through and the top is golden brown, 25 to 30 minutes.

Adapted from www.eatingwell.com

Pappardelle with Squash, Mushrooms, and Spinach

12 ounces pappardelle or fettuccine pasta
1/2 cup (1 stick) butter, divided
3 cups 1/2-inch cubes butternut squash (from 1-pound squash)
8 ounces fresh shiitake mushrooms, stemmed, caps sliced
1 1/2 tablespoons chopped fresh sage
6 ounces of spinach chopped
3/4 cup grated Parmesan cheese, divided

Cook pasta in large pot of boiling salted water until tender but still firm to bite, stirring occasionally. Drain, reserving 1 cup pasta cooking liquid.

Meanwhile, melt 1/4 cup butter in large skillet over medium-high heat. Add squash and cook until almost tender, stirring often, about 6 minutes. Add mushrooms, sage, and remaining 1/4 cup butter; sauté until mushrooms are soft and squash is tender, about 8 minutes. Add spinach; stir until wilted, about 2 minutes. Stir in 1/2 cup cheese. Season with salt and pepper. Add pasta to sauce in skillet. Toss to coat, adding pasta cooking liquid by 1/4 cupfuls if dry. Sprinkle with 1/4 cup cheese.

Adapted from <http://www.epicurious.com/>

**FIND OTHER RECIPES
ON OUR WEBSITE**

www.sweettopfarm.weebly.com

*Eat Well,
Feel Great!*